

CHAKRA	TATTVA ELEMENT	LOCATION	BIJA MANTRA	WESTERN PSYCHOLOGICAL ASPECTS	PRANA VAJYU	COLOR
ROOT-MULADHARA	Earth	Base of spine	Lam	Safety, groundedness, nourishment, basic needs, security, family/community	Apana	Red
SACRAL-SVADHISTHANA	Water	Between navel and genitals	Vam	Creativity, sexuality, pleasure, emotions, flow	Apana	Orange
SOLAR PLEXUS-MANIPURA	Fire	navel, solar plexus	Ram	Willpower, determination, ego, vitality, transformation, individuation	Samana	Yellow
HEART-ANAHATA	Air	Heart	Yam	Love, self-love, compassion, peace, balance, inner teacher, connection	Prana	Green
THROAT-VISHUDDHI	Ether	Throat	Ham	Self-expression, communication, listening, purification	Udana	Blue
AJNA-THIRD EYE	All elements in pure essence	Above and Between brows	Aum	Intuition, guidance, wisdom, imagination, visualization, dreams, inner vision	Udana/All	Indigo
CROWN-SAHAJRARA	none	Top of the head	None	Transcendence, understanding, belief, connection to Source, non-duality, grace	None	White
 ROOT-MULADHARA	 SACRAL-SVADHISTHANA	 SOLAR PLEXUS-MANIPURA	 HEART-ANAHATA	 THROAT-VISHUDDHI	 AJNA-THIRD EYE	 CROWN-SAHAJRARA